

VITAL SIGNS



Vol III No. 10 Naval Regional Medical Center, Orlando, Florida

1 July 1981

All in one day. . . .

Change of Command and a new RADM



RADM James A. Zimble, MC, USN

U. S. Navy Photo

The Change of Command ceremony was held at 1000 on 1 July 1981 at the west end of the new facility. Captain James A. Zimble, MC, USN, was relieved of command by Captain Larry R. Fout, MC, USN. Guest speaker was General Lewis W. Walt, USMC (Ret.) Highlights of the ceremony were the presentation by RADM Almon C. Wilson, MC, USN, The Medical Officer, U.S. Marine Corps, of the Legion of Merit Medal to Captain Zimble, and the frocking of Captain Zimble to his new rank of Rear Admiral.

Upon his detachment, Rear Admiral Zimble will proceed to Washington, D.C. to relieve Rear Admiral Wilson as The Medical Officer, U.S. Marine Corps. The entire staff wishes him "fair winds and following seas" in his new assignment.



CAPT Larry R. Fout, MC, USN

U. S. Navy Photo

Captain Larry R. Fout, MC, USN, the new Commanding Officer of NRMC Orlando, reported aboard 22 June 1981. Captain Fout's previous assignment was as the Commanding Officer of the Naval Hospital, Guantanamo Bay, Cuba.

Captain Fout has served as Flight Surgeon at Naval Air Stations and aboard the USS RANGER, as Brigade Surgeon with the First Marine Division as well as the Fleet Marine Force, Pacific. Prior to reporting to Guantanamo Bay, Captain Fout was the Director of Clinical Services at NRMC Great Lakes, and Assistant Professor for the Department of Family Practice, Chicago Medical School.

NRMC Orlando extends a "hearty welcome aboard," Captain Fout!

Noted for excellence - June Inspection

LCDR E. F. Aleta	HN R. Blanton
LT P. J. Baker	HM2 L. W. Brock
CWO2 D. C. Baughman	HM3 S. Cronkhite
LCDR C. L. Chick	HN T. B. Ciesla
CDR P. Clancy	HM1 M. A. Gribben
ENS G. A. Dailey	HMCS C. Buffum
LCDR G. W. Dumais	HM1 F. Dickens
LCDR J. F. Decicco	HMC R. P. Edmondson
LCDR R. E. Elster	HM1 P. Ferguson
LT S. W. Tudhope	HMC P. Granados
LT V. G. Melidosian	HM1 S. L. Greenwood
LT R. J. Russ	HMC R. A. Griswold
HM3 F. A. Albino	HM1 T. E. Inman
HM2 L. A. Barber	HM3 E. R. Ronan
HM2 W. E. Bell	HN J. R. Weaver
HM2 A. Bergamo	

Have a happy
and safe
summer

**Whoooizzit?**

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

New facility's**First set of twins**

Nancy and Terry Solomon are the proud parents of the first set of twins to arrive at the new facility. They arrived on 13 June - Dorrick at 1914 weighing 6 pounds, 12 ounces, and Brian at 1923 weighing 6 pounds, 12½ ounces. DN Solomon is attached to NRDC.



Mrs. Solomon with her arms full.



Volunteer hours

for May -

2,107 1/2

Vital Signs' Staff

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
Nursing Service Subeditor:
LT G. Holeman, NC, USN
NRMC Annex Subeditor:
HMCM J. R. Deluca, USN
Ramp Page Reporter/Photographer:
HM1 Bogan McQuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

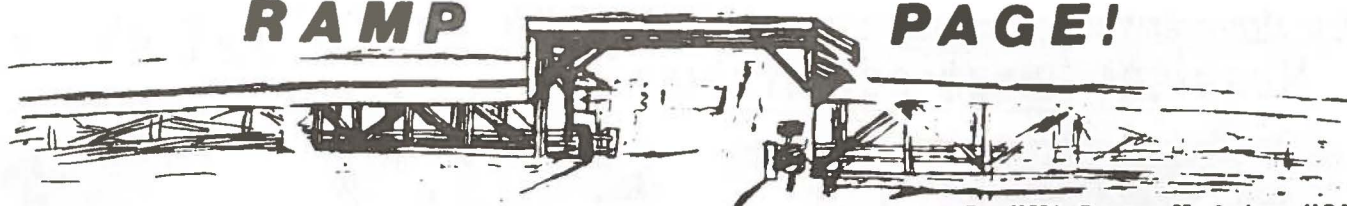
Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

Content of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, H-00B-1, Bldg. 3000, by noon of the 16th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS appropriate credit must be given.

RAMP

PAGE!

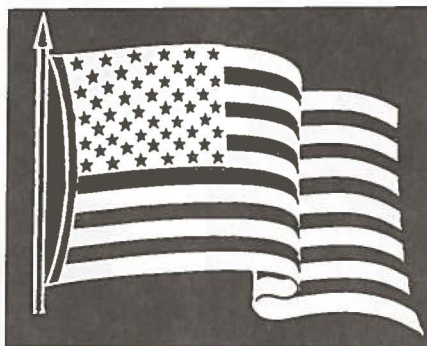


By HM1 Bogan McQuigg, USN

Do you think Americans have become more patriotic?



DT1 D. Hackett, Dental Svc:
"Yes, especially since the Iranian crisis and release of the hostages. I feel President Reagan is also a contributing factor in that he is more of a peoples' President and has given the American public a more promising future to look forward to."



HM3 J. Moran, Pharmacy:
"Yes, ever since the recent episode with the Iran crisis and the shooting of President Reagan, people seem to care more about which direction our country is headed."



Jacqueline Gonzalez, Eye Clinic: "Yes, since President Reagan took office."



Barbara Jacques, Outpatient Records:
"Yes, it's time for a change."



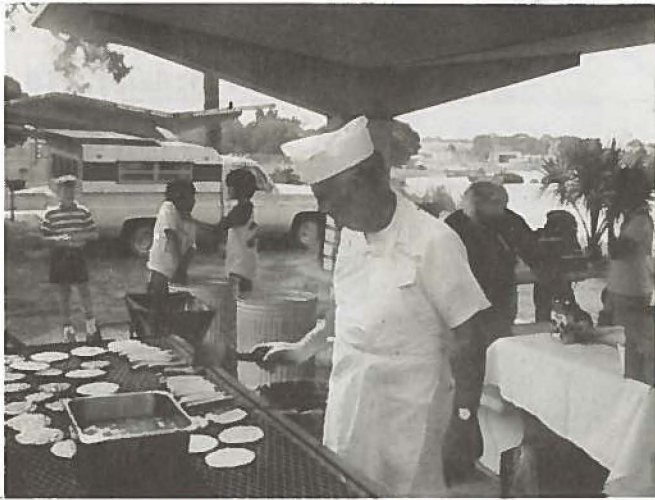
CDR G. Dunn, NC, Family Practice:
"Yes. People seem to be talking and writing more about the need for positive changes in attitudes and actions."



LCDR G. Krueger, MC, Surgical Service:
"I think Americans are more nationally interested at this point; but, whether they are more patriotic is hard to tell."

It's picnic time

Hospital Corps celebration



most popular man



good food



relaxation



the master's touch



conversation



observation

Would you believe 83?



spectators



everything is calorie free



**hot day hot music courtesy
Navy Band Orlando combo**



what have you got?



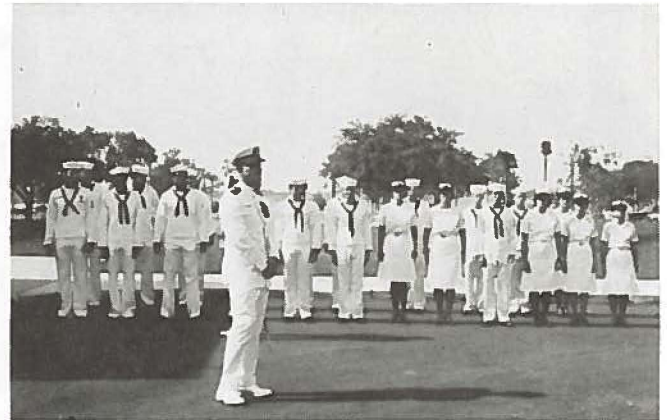
**Official cake cutting - Captain Zimble
supervises HMCM Deluca and HN McCloud**



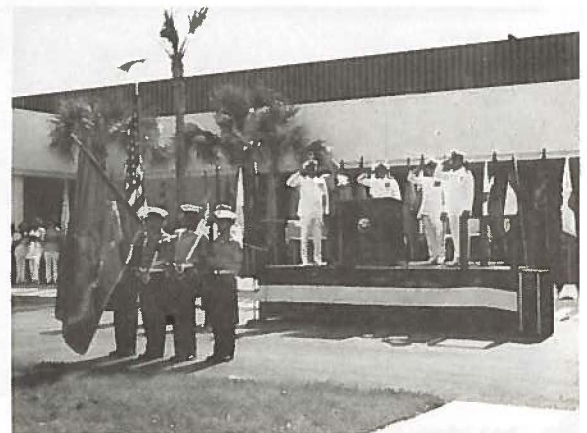
**HMCM SS) Clements delivers history
highlights of the Hospital Corps (under
supervision)**

Photos by HM1 McQuigg

Navy Band, banners, flags, dress whites and medals Change of Command.... a tradition



Ready for inspection



National Anthem

Arrival honors for
General Lewis W. Walt, USMC (Ret.)

Arrival honors for
Rear Admiral Almon C. Wilson,
MC, USN



Invocation
Chaplain Tumblin



General Walt
Guest speaker



Captain Zimble
reads orders



Captain Fout
reads orders



RADM Wilson announces the awarding
of the Legion of Merit to Captain
Zimble



RADM Wilson does the
honors with
Mrs. Zimble observing



Captain Zimble receives Rear Admiral
shoulder boards from RADM Wilson
and Mrs. Zimble



Congratulations, Admiral!



RADM Zimble receives his first musical
honors -- 2 ruffles and flourishes fol-
lowed by the Admiral's March.



Benediction
Chaplain Tumblin

A grave message from Pineywood

Dear Captain Zimble:

Oh, the peaceful serenity of eternal rest.

Oh, the pleasure of spending eternity without carbon monoxide burning my already reddened eyes.

Oh, the joy of not waiting in rush hour traffic, morning and evening, day after day, after day.....

..... and now..... five days a week at 4:30 my bones start rattling and my coffin sounds and smells like the Holland Tunnel.

People are leaving the hospital for home, all lined up in traffic, and impatiently waiting..... waiting to get out. Oh, dear! Someone is looking my way, contemplating a short cut through my sacred home and violating my place of rest. His impatience is overwhelming; he just made a decision and here he comes!

You say I'm being petty; what is one car? When one makes a decision to cut through, everyone else decides to follow like a camel caravan.

Captain, I'll make a bargain with you. Stop my grave from turning into a freeway and I'll put in a good word for you with you know who!

Signed,

One Good Internment Deserves Another

Editor's Note: Author unknown!

**Nursing****Service**

By LT Greg Holeman, NC, USN

Farewell, ya'll

Well, the days are getting shorter for me now as I approach voluntary separation from active Naval Service. As I leave this fine new hospital and many good and decent people, I feel a desire to say, in some meaningful way, Goodbye.

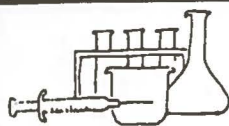
Almost eleven years have passed since I joined that 2x6 Reserve Program in Houston, Texas. As the years passed, I grew up, I learned a lot. I remember well the day I heard I had been selected for the Navy Enlisted Nursing Education Program (NENEP). It truly was a dream come true. I also remember how proud I felt as Corpsman of the Quarter in Corpus Christi and when I was made the senior corpsman of a busy medical ward there. The little things were just as important and felt just as good. I had served well and, in return, the people agreed to return the favor. I never felt my scholarship to Baylor as being solely from the Navy but one from the people of this country as well. The taxpayers paid the entire ticket.

I feel very fortunate to have been privileged to serve the Navy and to have received the educational benefits that I did. I hope some of the many fine, young corps members I know today, who are struggling to make their mark, could realize some of the great opportunities afforded me in the Navy. I hope my sons have similar kinds of opportunities.

I look forward to the day when I will hear that one of my good friends made Master Chief Petty Officer of the Navy or Admiral. When I call to congratulate them, I hope to have some equally good news to share. I think I will. It has been an interesting experience.

Best wishes,

Greg Holeman
GREG HOLEMAN



Lab Line

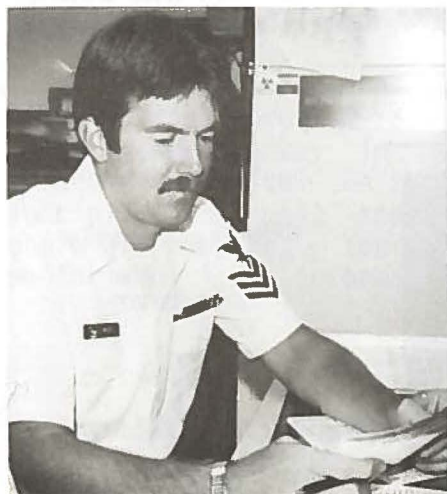
By CDR J. D. Cotelingam, MC, USNR

The Microbiology Department

For us, in the Lab, that means a complex of sciences including Bacteriology, Mycobacteriology, Mycology, and Parasitology. The tools of the trade in the Micro labs are the petri dish and the microscope. The microscope is still a main stay; however, a wave of new equipment technology threatens to make the petri dish obsolete. We are particularly proud of our Microbiology Department and the efforts made by the Micro staff to be responsive to the requirements of our clinicians. Heading up the Micro staff is the section supervisor, Mrs. Ann Hutto. Ann has been a microbiologist at NRMC for several years and is well known in the Central Florida area for her activities in several professional societies. Ann and her husband, Ernie, have two sons: Shannon, age 11, and Shaw, age 6. The family enjoys tennis and water skiing, and both sons are involved in competitive swimming as members of the Rollins College Blue Dolphins team.



Mrs. Ann Hutto



HM1 Edward Wiley



HM2 Vinson Jacobs

Another member of the Micro staff is HM1 Edward Wiley. Petty Officer Wiley is originally from Redondo Beach, California. He graduated from California State University at Long Beach majoring in clinical microbiology. He currently holds registration in two laboratory professional associations. HM1 Wiley is a nationally ranked target archer and is frequently involved in competition on a national level.

The next member of our Micro staff is HM2 Mickie Grubbs. Petty Officer Grubbs is originally from Ewa Beach, Hawaii, and has been in the Navy for 6½ years. As an HM-8501, Laboratory Assistant, HM2 Grubbs is not expected to know very much about microbiology..... but through a great deal of personal dedication, hard work, and individual study, she has developed into a highly competent microbiologist. When not studying microbiology, Petty Officer Grubbs is off camping and hiking.

Rounding out the Micro staff is HM2 Vinson Jacobs. Petty Officer Jacobs works nights in the Lab and between emergency requests, he performs work in the Micro Lab. HM2 Jacobs and his wife, Patricia, are native Floridians. They enjoy water skiing and camping. Petty Officer Jacobs has completed his Bachelor's Degree since reporting to NRMC.



HM2 Mickie Grubbs

Chaplain's



Comments

By CDR W. E. Tumblin, CHC, USN

"America: Forget and...."

The prophet Ezekiel records a vision of a valley of dry bones in chapter 37 of his book. The bones "were very dry" (v.2) and "our hope is lost: we are cut off for our parts" (v.11). God asks the relevant question, "Can these bones live?" (v.3) and commands the prophet to prophesy (v.4). The result was "a shaking, and the bones came together" (v.7), and then "the breath came into them, and they lived." (v.10). They were placed "in your own land" (v.14) to consummate God's promise.

The yearning for a land where a person is valued, allowed to grow and live with others in peace and safety while worshipping the Living God is universal in my opinion. Refugees still flock to America. No one can understand the intensity of their desire if they fail to consider the power of hope in the midst of oppression.

The Anglican Digest suggested some marginal notes for Ezekiel 37:3, stating that every organization is made up of four bones - wishbones, jawbones, knucklebones, and backbones.

The wishbones spend their time wishing someone else would do the work.

The jawbones do all the talking but little else.

The knucklebones knock everything that others try to do.

The backbones get under the load and do all the work.

I sense that the loss of backbones in America is related to the loss of hope. America was a spiritual hope before becoming a political and economic hope. America will live as spiritual abundance advanced more than an advancing abundance of things. America -- love it, lead it, live it.

Happiness is ... walking!

Mrs. Lillie Gardner, suffering from severe and painful arthritis, needed a new knee..... and she got it..... at NRM C Orlando! With CDR Gwinn Murray's surgical skill, CAPT Pellosie's experience and expertise, Mrs. Gardner's new knee joint was fashioned from plastic, metal and bone cement. Although the technique is well known throughout the world and practiced at selected institutions, the operation was a first for Navy Orlando.

Mrs. Gardner is diligently pursuing an active physical therapy program, under the guidance of LCDR Margaret Williams, and is looking forward to walking without assistance and resuming her normal activities in the not too distant future.



Two days after surgery, and a sprightly 83, Mrs. Gardner tries her new knee with a little assist from HM2 Robert Towle and a walker.

A reminder....



Susan Ferguson

NRM C's Family

Ombudsman

is

Mrs. Patrick Ferguson

855-2909



Master Shipwreck

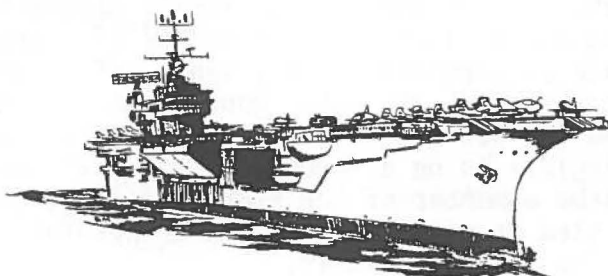
HMCM(SS) R. C. Clements. USN

Enlisted Detailing

The enlisted detailers will visit the Orlando area during the week of 13 July 1981. Anyone having a question for the detailers concerning school requests, future orders or matters concerning career planning should contact their detailer during this visit. For appointments, please contact the Career Counselor, HM1 Shockey, X4927, X4928, or X4929.

In a recent telephone conversation with Captain Benedict, who is the head of NMPC 407C, and Master Chief Zahn, the Senior Enlisted Detailer for hospital corpsmen, authorization was granted for this command to advertise a special program for HA's and HN's. There is a significant shortage of E2 - E3 hospital corpsmen available for assignment to sea billets. The detailers have announced that those E2's and E3's who have been on board NRMC Orlando for a minimum of six months are authorized to terminate their shore duty and be assigned to sea going billets. Those who desire to make this transition will be required to submit a NavPers 1306 requesting the specific type of sea duty they desire. Upon receipt of the individual request by our detailers, each person will be contacted to determine where they will be assigned.

Those desiring to participate in this special program are requested to contact HM1 Shockey in Human Resource Management Service. Be sure to have your special request chit approved thru your chain of command. You may also contact me for additional information if desired.



We're glad you're here!

CAPT L. Fout, MC, from NavHosp,
Guantanamo Bay
LCDR F. Dempsey, NC, from Branch
Hosp, Adak
LCDR T. Twarog, NC, from NavSubMedCen,
New London
LCDR J. Twarog, NC, from NavSubMedCen,
New London
LT P. Harrison, NC, from NavRegMedCen,
Memphis

HR D. Clark from NSHS, San Diego
HN R. Dennis from NSHS, Portsmouth
HR M. Dodson from NSHS, San Diego
HR F. Kirk from NSHS, San Diego
HR T. Goessman from NSHS, San Diego
HR H. Hulgán from NSHS, San Diego
HN K. Larue from HCS, Great Lakes
HA S. Kleckner from FMSS, Camp Pendle-
ton and NSHS San Diego
HN P. Malone from NSHS, San Diego
HA D. Quirante from FMSS, Camp Pendle-
ton and NSHS San Diego
HR W. Reed from NSHS, San Diego
HA M. Saiffer from NSHS, San Diego
HN G. Stovall from NavAeroMedInst,
Pensacola
HR K. Toomer from HCS, Great Lakes
HN C. Travis from NSHS, San Diego
HA J. Wilkes from NSHS, San Diego

We're sorry you're leaving!

RADM J. Zimble, MC, to Headquarters,
Marine Corps
CDR J. Smith, MC, to civilian life
LCDR C. Bolet, MC, to civilian life
CDR R. Panganiban, MC, to NRMC, Subic
Bay, Philippines
LCDR M. Voit, MC, to civilian life
LCDR S. Lazortz, MC, to University
of Health Sciences, Bethesda
CDR J. Cotelingam to National Naval
Medical Center, Bethesda
CDR A. Kondash, NC, to NavSta,
Keflavic, Iceland
LCDR J. Ellis, NC, to NETC, Newport
LCDR A. Saleker, MSC, to NRMC,
Oakland
HMCS J. Rollen to 2nd FSSG, Camp
Lejeune
HM3 S. Alfieri to civilian life
HM2 J. Piriz to civilian life
HN D. Goodman to Laboratory School,
Ft Sam Houston
HM2 A. Bergamo to NSHS, Portsmouth
HN D. Petroski to Neuropsychiatric
Tech School, Ft Sam Houston
HM1 W. Tedin to OCS, Newport
HM3 C. Boozer to NOSA, Williamsburg
MS2 A. Dorazi to Fleet Reserve
HM3 L. Duncan to civilian life
HMCM K. Holland to COMSUBPAC, Hawaii
HM2 M. Gribben to Headquarters,
FMFPAC, Hawaii
HM2 E. Davison to civilian life
HM3 E. Myers to FMSS Camp Pendleton
and FFT to 1st MarDiv

From the CO



CAPT L. R. Fout, MC, USN

On this, my first opportunity to communicate with you via Vital Signs, I will seek to be brief. My wife, Jane, and I are most pleased to be joining this command and the Navy World community. We look forward to many friendships and rewarding times. While I am impressed with our new facility, I am even more impressed with the professionalism and friendly caring concern so evident in all of our staff. Let's not let anyone do it better than NRMCO Orlando!

Sailor of the Quarter

HM2 David K. Pennebaker, USN, Laboratory Service, has been selected as NRMCO Orlando's Sailor of the Quarter for the 2nd Quarter, 1981.



HM2 David K. Pennebaker

Petty Officer Pennebaker has been in the Navy for 5½ years and has been here at NRMCO since February, 1980. He has been selected to attend the HM-8506 Lab Technician Course at NSHS San Diego. HM2 Pennebaker, his wife, Nan, and two children, Robert and Amy, reside at the NTC Annex.

Also competing for Sailor of the Quarter were: HM2 S. E. MacDonald, Medical Repair, HM3 R. L. Spell, NRMCO Annex, and HM3 D. W. Hillman, Nursing Services. Congratulations to HM2 Pennebaker and to the three runners-up.



CRA NOTES

By Joyce Sienia



SOS SOS SOS

Guess what? It's SOS time (shrimp or subs) for all hands. Wednesday, 1500, 15 July at the Rope Yarn. \$1.00 per person. You can't go wrong..... lots of food..... refreshments, entertainment and fun!!!!

CRA BIRTHDAY GREETINGS: William Green and Norma Jester on 1 July; Millie Johnson and James Matthews on 2 July; William Holton and Wesley Sorenson on 3 July; Cheryl Ross on 7 July; Norman Lockman and Judith Wells on 9 July; Charles Fowler on 13 July; Hazel Jewell on 14 July; Betty Lysterly on 15 July; Carmen Olmeda on 16 July; Shirley Stanton on 17 July; Delores Nader and John White on 18 July; John Hardemann and Sonia Weber on 19 July; Francis Reilly on 24 July; Marcia Clark, Marie Lamoth, and Homer Mills on 26 July; Esmeria Maletta on 30 July; and Louisa Littleton, Corinne Partin, and Judith Taylor on 31 July.

Whoooizzit?

Now you know how hard up we are for baby pictures!It's Mary Van, the Managing Editor of Vital Signs. Mary has been an employee of the Medical Center since 1974 and has been on the staff of the newspaper since it was "launched" in December, 1978.



If you can find a baby picture among your family keepsakes and would like to be a WHOOZZIT, drop your picture off in Mary Van's office and we promise to take good care of it and not let any harm come to it. To be eligible to be a WHOOZZIT, you just have to be a member of the staff: officer, enlisted or civilian. Don't be bashful -- bring your picture in.